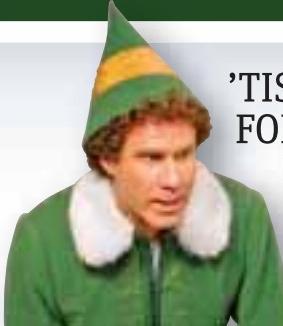


LONDON

metro



'TIS THE SEASON FOR WAY TOO MANY ELVES

METRO MOVIE CRITIC TAKES A LOOK AT MOVIES OVERRUN WITH ELFIN CHARACTERS

PAGE 41

Date set for Fontana's fraud case

London mayor's trial will start May 26 — five months and a day from the municipal election

PAGE 3

'No society, no civilization ...'

Former inmates of London detention centre — who are suing the province for \$300M — paint a terrifying picture of prison life

PAGE 6

Turning Lululemons (see: 2013) into Lululemonade

Vancouver-based company names new CEO

PAGE 8

\$1 MILLION PRIZES

NEWS WORTH SHARING.



Friday's Jackpot

\$50 MILLION estimated

PLUS MAXMILLIONS 30 EXTRA estimated

\$1 MILLION PRIZES

550 London jobs lost



Workers from Kellogg's London file out of a meeting Tuesday after learning the plant will close in 2014. MARK SPOWART/FOR METRO

Kellogg's. Dundas Street plant to close by end of 2014

MARK SPOWART
london@metronews.ca

The news was delivered quickly, and for the 550 employees at Kellogg's London it was painful.

Two weeks before Christmas, workers have been told the nearly 100-year-old factory will close by the end of 2014.

The announcement was made during a mandatory Tuesday meeting of union and non-union staff. Kellogg's brass told employees about the meeting — held at a Wellington Road hotel — on Monday afternoon.

"Everyone figured it was coming," said Bruce Monteith, who has worked at the plant for 27 years. "When they call a meeting like this, you know it is not for anything good: They are not going to be handing out Christmas bonuses or Christmas turkeys."

Within minutes of the meet-

ing's start, workers began filing out saying: "We are closed. Kellogg's is done in London."

A little more than a month ago Kellogg's announced 110 unionized workers would be laid off in January and 11 management jobs were being cut immediately. At the time, the company said the plant — which makes cereals including Corn Flakes, Frosted Flakes and Raisin Bran — would be closed for 10 weeks at some point, citing "excess cereal manufacturing capacity in our North American network" as the cause.

In 2005, more than 105 million kilograms of cereal was produced in London. That number has steadily declined to 67 million kilograms this year.

Closing the London plant is part of a four-year "efficiency and effectiveness" program,

the company said in a Tuesday statement.

Under what it's dubbed Project K, Kellogg's will streamline worldwide operations by 2018 and make 7 per cent reduction in the company's global workforce. The firm also announced plans Tuesday to close a snack-making plant in Australia by late next year while expanding a Thailand plant that makes cereals and snacks. The Thailand expansion will be fully operational by early 2015.

"Through Project K, Kellogg is strengthening its existing business in core markets, increasing growth in developing and emerging markets, and driving increased value-added innovation," the statement said.

See pages 4-5 for more coverage

Quoted

"Everyone figured it was coming. When they call a meeting like this, you know ... they are not going to be handing out Christmas bonuses or Christmas turkeys."

Bruce Monteith, who worked at the plant for 27 years, after receiving the news.

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Pay respects

Multiple Mandela tributes planned Sunday

As honours continue to flow in for former South African president Nelson Mandela, the London Multicultural Club has firmed up the schedule for a Sunday celebration of his life.

The event is planned for 6 p.m. at Richmond Street and Central Avenue in Victoria Park.

Considered a tribute to Mandela's legacy, the gathering is planned for the same day as the anti-apartheid leader's funeral in his hometown of Qunu.

Mandela's denunciation of hate and promotion of love have served as an inspiration in the club's efforts to unite "the diverse London community," spokesman Jaime Martinez said.

In addition, several organizations are teaming up for a Mandela tribute from 2 to 3 p.m. Sunday at Aeolian Hall (795 Dundas St. E.). Doors open at 1 p.m.

People can also sign a book of condolences in the lobby of city hall through to Monday. It's available from 8:30 a.m. to 4:30 p.m. on weekdays.

Mandela died Thursday. He was 95. METRO



A photo of Nelson Mandela outside the South African embassy in Berlin.

THE ASSOCIATED PRESS



1 NEWS

May trial date set in Fontana fraud case

Timing. Proceedings to happen five months before municipal election



MIKE DONACHIE

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Five months, almost to the day.

That's the gap between Mayor Joe Fontana's May 26 fraud trial and the Oct. 27 municipal election.

Will it be long enough to separate the two in voters' minds?

Western University political science professor Andrew Sanctor said it's better than

five weeks, but a May trial will still be "difficult" for Fontana.

"I'm sure he would have preferred to have it all out of the way before then," said Sanctor. "I think so much depends on what comes out of the trial, and obviously the verdict."

"His troubles have in a sense been eclipsed by Rob Ford's in Toronto. People aren't paying as much attention to Fontana, it seems, as they used to."

"But the trial will bring it all up again."

The long-awaited court date was set during a Tuesday morning hearing in Ontario's Superior Court of Justice.

Fontana wasn't in court to hear the date, but Superior

Court Justice Andrew Goodman reported it to the mayor's lawyer, Gord Cudmore.

Throughout pretrial preparations, the big question has been how close to the election the trial would be scheduled. Fontana, who has said he's innocent, has given no indication that he doesn't intend to seek re-election.

It was also confirmed Tuesday that there will be no jury.

Cudmore had previously expressed concern about finding impartial jurors in London, where there has been so much publicity about the allegations against Fontana.

Goodman won't be hearing the case. Instead, a judge will be brought in from out of town.

At a glance

- The charges against Mayor Joe Fontana allege he used taxpayer dollars to cover a \$1,700 deposit on his son's 2005 wedding reception at the Marconi Club. Fontana was an MP at the time.

- The mayor has denied any wrongdoing. He also denies passing a false document, a cheque to the Marconi Club.

Public should fund Rafferty appeal: Court

The man convicted of killing eight-year-old Victoria Stafford should get a publicly funded lawyer as he tries to appeal, Ontario's highest court ruled Tuesday.

Michael Rafferty's case is too complex for someone with a Grade 9 education in segregation and with no access to a law library to handle on his own with the assistance of duty counsel, Appeal Court Justice Marc Rosenberg ruled.

"In my opinion it is desirable in the interests of justice that the appellant be represented," Rosenberg wrote.

Duty counsel provide a "remarkable service" to unrepresented inmates, but they can't be expected to take on a case this complex, with some arguments involving "an attack on the tactical decisions made by very experienced trial counsel," Rosenberg wrote.

Rafferty, 33, had been

turned down four times by Legal Aid since his convictions in May 2012 for first-degree murder, sexual assault causing bodily harm and kidnapping in the Woodstock girl's death.

Rosenberg ordered the case sent back to Legal Aid Ontario for reconsideration, but if Rafferty is still turned down, the lawyer who represented him on this motion will be appointed for the appeal and he will be paid by the attorney general for Ontario.

Lawyer Paul Calarco argued at the Appeal Court earlier this month that one ground for Rafferty's appeal is that the jury should have considered that he might have been only an accessory after the fact to Tori's brutal murder.

Rosenberg wrote that he agreed with Calarco, saying, "it appears that the trial judge's instructions on the issue were deficient." THE CANADIAN PRESS



Kellogg's closure adds steam to right-to-work debate

Jobs lost to U.S.?

Local councillor says province and federal government need to be proactive about the competition



SCOTT TAYLOR
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It seems, over the past two years, that with every step the London job market takes forward, it takes at least two steps back.

Good news, bad news, worse news.

The pending Kellogg's closure is two substantial steps back considering the number of people losing their jobs, the economic spin-off for the city that will end when the doors are closed at the end of next year, and its nearly 100-year history in the city.

It's unknown yet if the lost jobs here will move south of the border, where the so-called "right-to-work" law is firmly entrenched in Michigan, Indiana and many other states.

If so, it wouldn't be the first time that's happened.

The law, which lets workers choose not to pay dues to the unions that still must bargain on their behalf, was adopted in Indiana shortly before Caterpillar brass shuttered London's unionized Electro-Motive plant in 2012 in favour of the Progress Rail facility in Muncie, Ind.

Wages for workers there are about half of what the company paid Canadian Auto Workers members here



The Kellogg's plant sits on Dundas Street just east of Egerton. MARK SPOWART/FOR METRO

South of the border

Not everyone in Indiana is on board with right-to-work laws.

- In Muncie, Ind., Mike Jones, retired union representative and current county councillor, said right to work has done nothing for the state.

- "Jobs that came here attached to the hip of right to work are low paying, with minimal benefits and an uncertain future," he said. "That's it in a nutshell."

- The idea of right to work might sway some businesses to move, but Jones

said something more attractive will inevitably come down the pike.

- "Companies have no loyalty to the community they're in or to their employees," continued Jones. "Short-term money is what they're looking for."

and the legislation that effectively cuts off a union's revenue stream was widely

believed to be a catalyst for the anti-labour Caterpillar to make the move.

Closer to home, provincial Tory leader Tim Hudak has campaigned on right to

work, arguing that it's the only way to hold on to jobs that are now flocking to southern states.

London Coun. Stephen Orser, who represents the ward that includes Kellogg's, said the loss of the cereal plant and Electro-Motive is a clear sign the province is in tough against right-to-work states just a few hours away.

"What I'm saying is that's what we're dealing with," he said. "We're competing with that legislation, so it's time for the province and the feds to be proactive, not reactive."



Jim Hartman, owner of Hartman Automotive, can be seen next to rail cars that used to service

Old East business owners focused on people affected most by shuttering

With the echo of the bombshell closing announcement still ringing in the air, business owners in Old East Village are beginning to size up the effect of the Kellogg's shutdown.

"This is hard for the area, it is done," Jim Hartman, owner of Hartman's Automotive, said Tuesday after-

noon.

Located across the street from the cereal factory, Hartman and his wife, Cindy, built their business servicing the cars of people who worked at McCormick's and Kellogg's.

"Before hours they would drop off their car, they trust us, and we love them," Cindy Hartman said.

"It is devastating, everyone talks about the company, but it really is about the people."

A little farther east on

"We figure this little building was built to serve Kellogg's, EMCO (plumbing supply) and McCormick's," she said. "It used to have a little lunch counter in it, years before we were here."

"I am disappointed," he said. "(Kellogg's) is a draw for the area, it is one of the oldest plants in London."

Don McCulloch, owner of nearby McCulloch's Costume and Party Supply, added: "It is sad. It is the way of the future.

"(Kellogg's) can't afford to be here, the hydro rates are so high, the city has just run them out."

"Is Labatt, General Dynamics next?"

MARK SPOWART/FOR METRO



Kellogg's declined talks with city: Mayor

The city's attempts to organize talks with Kellogg's after last month's layoff announcement weren't taken up by company brass, Mayor Joe Fontana said Tuesday.

The signs of a decline at the plant were there last month, when it announced 111 jobs would go, and Fontana and London Economic Development Corp. chief Kapil Lakhota tried to meet with company representatives.

Fontana said he was disappointed with the company, but said he and other city chiefs will still help if anything can be done to reserve the decision to close the factory.

"The timing (of the announcement) is absolutely unacceptable, that they could give this news to those people just before Christmas," Fontana said Tuesday, hours after the company told staff the plant's

Quoted

"We offered to meet with (Kellogg's) to see if there was anything we could do."

Mayor Joe Fontana

doors will be shut next year.

Fontana said he wants the city to commit more money to economic development programs during the coming budget process in the hope of repairing some of the damage.

Lakhota said the LEDC will try to help the 550 losing their jobs. The organization is assessing how to do that but will likely make retraining programs available, he said.

Lakhota, who said Kellogg's is the 30th biggest company in the city, also said LEDC had been working to keep London

on the radar for Kellogg's.

"LEDC is continuing to work hard to generate more business opportunities in the agri-food processing sector," he added.

London North Centre MPP Deb Matthews pledged to do everything possible to help Kellogg's workers.

"I've talked to the Minister of Training, Colleges and Universities to discuss what our government can do to help those affected," she said in a statement. "The ministry offers assistance to employees an hour after a company confirms layoffs by providing an action centre with supports and services. These supports and services are available from Employment Ontario offices as well."

"If anyone needs help connecting with local services and supports, please don't hesitate to contact my office."

MIKE DONACHIE/METRO

In pictures



1 The early years. The early life of Kellogg's in London was as the Battle Creek Health Food Company, later the Battle Creek Toasted Corn Flake Co. Ltd. According to a thesis by Western University masters student Benjamin S. Scott, the company was set up in 1905 by two doctors from Toronto.

2 Lawsuits and constipation. By 1924, Kellogg's had taken over — after a licensing deal ended in litigation — and moved the rest of its production to London from Toronto. Health benefits of cereal were promoted by Dr. John Kellogg, with this 1932 booklet including advice on how to avoid constipation.

3 From Grey to games. Production had moved from Grey Street to the current site on Dundas Street in 1915, and by the late 1920s it was making family favourites, including Rice Flakes and Rice Krispies. The fun continued with products like this children's games kit, from 1931.

4 The modern age. The site on Dundas Street grew over the years, with significant modernization starting in 1986. This view, from the library archives, shows the plant in 1941.

TEXT, MIKE DONACHIE/METRO; ALL PHOTOS COURTESY LONDON PUBLIC LIBRARY

Former inmates describe chaos, brutality behind EMDC walls

'It's hell.' Men behind \$300M lawsuit say the inmates set detention centre rules

 SCOTT TAYLOR
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Former inmates of the notorious Elgin-Middlesex Detention Centre painted a terrifying picture Tuesday of life inside.

"There's no death penalty in Canada, but there is one in London, Ontario," said Robert Broley, an ex-convict who was viciously attacked by a gang of inmates.

He suffered three cranial fractures and said he's lucky to be alive.

"It's hell. I've done peni-

tentiary time and this is a lot worse," said Glenn Johnson, another former inmate who was beaten badly enough to be rushed to the hospital.

"It's a nightmare. It goes back in time 400 years to when there was no society and no civilization," added former inmate Michael Smith, who still wears the scars from the ferocious beating he took for wanting to use the phone.

Rather than receiving medical treatment, Smith said he was initially forced by stronger, violent inmates, known as servers, to clean and dress his own wounds.

He was in on a mischief charge.

Johnson and Smith have filed a \$300-million class-action lawsuit against the provincial government a little more than a month after a

homicide took place behind bars. Adam Kargas, 29, of Sarnia, was killed Oct. 31.

The suit is being brought on behalf of all persons jailed at the facility between Jan. 1, 2010, and Aug. 25, 2013.

London law firm McKenzie Lake filed the statement of claim Monday in Superior Court.

Lawyer Kevin Egan said the poor design of the facility, a culture that encourages violence, overcrowding and unhygienic conditions "breed contempt of the law and doesn't rehabilitate anybody."

He accused the government of doing nothing to help.

The suit alleges two breaches of the Canadian Charter of Rights and Freedoms.

None of the allegations have been proven in court.

"Movies don't justify what I went through there."

Former EMDC inmate Michael Smith



Former Elgin-Middlesex Detention Centre inmate Michael Smith says he still has scars from a beating he took after trying to use a phone at the facility. He's one of two former inmates launching a class-action lawsuit against the Ontario government. SCOTT TAYLOR/METRO

Western honours Munro

Western University has conferred a special honour on author Alice Munro.

The new Alice Munro Chair in Creativity has been created at the Faculty of Arts and Humanities.

The position will mean the recruitment of a creative writer, teacher and scholar to work with students and other

writers. Western has committed \$1.5 million to match donations and create the chair.

Munro, seen as a master of the contemporary short story, was awarded this year's Nobel Prize for Literature. Her daughter Jenny Munro accepted the award on her behalf in Stockholm, Sweden, on Tuesday.

As a former student at

Western, Munro is claimed by the university as one of their own. She was serving as the university's writer-in-residence in 1974-75 when she worked on her short story collection, Who Do You Think You Are?

It later won the Governor General's Award.

MIKE DONACHIE/METRO

No-kill policy for animal shelters is a go, sort of

The much-demanded no-kill policy for city animal shelters looks likely to happen — eventually.

Council's community and protective services committee voted unanimously Monday to accept no-kill as a principle for London.

The move came as the committee recommended signing a new \$2.3-million, five-year contract with Urban Animal Management Inc., which operates the city shelter.

Final say

The issue won't be final until full council has a say Dec. 17.

The number of animals killed should be reduced over the span of the contract, the committee recommended.

There was anger at the meeting from animal-welfare campaigners because the no-kill policy won't be in place immediately. They were also

unhappy that the private company will continue to run the service.

Along with renewing the shelter contract, the city is set to take on a variety of "enhanced services" when it comes to animal care. Many of them, including hiring a vet to help ensure proper treatment of animals and a new focus on spaying and neutering animals, will be discussed during a public-participation meeting next year.

MIKE DONACHIE/METRO

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Two girls dance in the rain outside the memorial service for former South African president Nelson Mandela at the FNB Stadium in Soweto, near Johannesburg, on Tuesday. TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

Thousands celebrate life of Nelson Mandela

South Africa. Obama gives rousing eulogy at spirited public memorial service

Amid cheers and song for the prisoner who became a peacemaker, President Barack Obama energized tens of thousands of spectators and nearly 100 visiting heads of state Tuesday with a plea for the world to emulate Nelson Mandela, "the last great liberator of the 20th century."

Obama's eulogy was the rhetorical highlight of a memorial service in which South Africans celebrated Mandela's life with singing and dancing, often during dignitaries' speeches. They also booted their own president and were chided by a top government official who said: "Let's not embarrass ourselves."



U.S. President Barack Obama speaks to crowds attending the memorial service for Nelson Mandela on Tuesday. EVAN VUCCI/THE ASSOCIATED PRESS

Obama hailed Mandela, who died Thursday at 95, as the unlikely leader of a movement that gave "potent voice to the claims of the oppressed and the moral necessity of racial justice."

He pointed out that "around the world today, men and women are still imprisoned for their political beliefs, and are still persecuted for what they look like, or how they worship, or who they love."

Obama, who like Mandela became the first black president of his country, said he was inspired by Mandela as a student. The speech was greeted with thunderous applause, and many heads of state and other foreign dignitaries gave a standing ovation.

Lashing rain lent a free-wheeling aspect to the memorial, with people taking shelter in the stadium's wide hallways, where they sang

anti-apartheid anthems from the 1970s and 1980s. Foul weather kept many away, and the 95,000-capacity stadium was only two-thirds full.

The rain was seen as a blessing among many of South Africa's majority black population. "Only great, great people are memorialized with it," said Harry Tshabalala, a driver for the justice ministry. "Rain is life. This is perfect weather for us on this occasion."

People blew on vuvuzelas, the plastic horn that was widely used during the 2010 World Cup soccer tournament in South Africa and sang songs throughout the event.

"It is a moment of sadness celebrated by song and dance, which is what we South Africans do," said Xolisa Madwabe, CEO of a South African investment firm.

THE ASSOCIATED PRESS

Canadian emissaries attend Mandela memorial

As tens of thousands of people gathered to celebrate the life of Nelson Mandela, so did many political leaders from around the world.

A powerful coalition of politically diverse emissaries from across Canada were on hand for the four-hour ceremony, including Prime Minister Stephen Harper and four of his predecessors

— Jean Chretien, Kim Campbell, Brian Mulroney and Joe Clark.

"Today was more a celebration than a funeral," Harper said as the ceremony came to a close. "A celebration of a very long life, but a very important life."

He called Mandela "one of the giants of history."

Chretien said the exuber-

ance made it unlike any memorial he had seen. He recalled that his government made Mandela an honorary citizen of Canada. "Whenever he would meet me, he would say, 'Hi, my prime minister.'"

Alberta Premier Alison Redford, who was also part of the delegation, worked for Mandela in the early 1990s,

when South Africa was in transition out of apartheid and developing a new constitution.

"He was a very tough taskmaster," Redford said as she reflected on her time with Mandela. "He always had a sense of humour and I think that's what kept him on track."

THE CANADIAN PRESS

Toronto. Rob Ford refuses to apologize for making insinuation against reporter

Asked on Tuesday if he would say sorry to Toronto Star reporter Daniel Dale or clarify the comments he made during a Vision TV interview with former media baron and convicted felon Conrad Black, Rob Ford was emphatic.

"I stand by my words, what I said with Conrad Black," Ford said at a news conference, his voice rising. "I stand by every word I said."

Black had asked Ford in an interview that aired Monday about media intrusion on his family's privacy, and Ford singled out Dale for an incident that happened in May 2012.

Dale has said he was writing a story about a plot of public land adjacent to Ford's house that the mayor was looking to buy, so he had gone to take a look at it when the mayor emerged from his home to confront him.

"Daniel Dale is in my

backyard taking pictures. I have little kids. He's taking pictures of little kids," Ford said in the interview, taped Friday. "I don't want to say that word but you start thinking what this guy is all about."

During Tuesday's news conference reporters asked Ford to specify "the word."

"If you watch the interview you'll know what I said," Ford said angrily.

Earlier Tuesday, Dale denounced Ford's suggestion as "categorically false."

Dale seemed bemused by Ford's comments, saying at no time did he ever take any photographs of the mayor's family, house or even his property — and a police investigation bore that out.

Dale added he had made no decision on whether to sue, saying the matter was in the hands of Star lawyers.

THE CANADIAN PRESS



Conrad Black interviews Toronto Mayor Rob Ford on his show on Vision TV on Monday. CONTRIBUTED

Canadian literature

Alice Munro's daughter accepts Nobel Prize

Alice Munro proudly watched her daughter Jenny accept the Nobel Prize in literature on her behalf in Stockholm on Tuesday.

Jenny Munro made the trip to the Swedish capital because her mother was not well enough to do so.

She received the Nobel Medal, a diploma and a document confirming the \$1.2 million award from King Carl XVI Gustaf of Sweden.

"I think it does sound like fun but it also sounds like a great deal of stamina (was) required," Alice Munro said. "I'm quite glad to have my daughter do this for me, and I think she looked wonderful."

THE CANADIAN PRESS

New Brunswick

Pot-smoking Mountie charged with assault

The Public Safety Department for Fredericton says a Mountie who publicly complained about not being able to smoke medicinal marijuana while on the job was subdued with a stun gun and charged with assaulting another RCMP officer.

A spokeswoman for the department says Cpl. Ron Francis is undergoing a psychiatric assessment at the Restigouche Hospital Centre in northern New Brunswick after he was arrested last week.

An RCMP spokeswoman said the Mounties were concerned about Francis's well-being when they found him Friday on a street in downtown Fredericton. THE CANADIAN PRESS



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Lululemon Athletica Inc. founder Chip Wilson is stepping down as chair of the company after making controversial remarks regarding women's bodies. DARRYL DYCK/THE CANADIAN PRESS FILE

Founder of Lululemon out after women's bodies comment

Stretching in new directions. The Vancouver-based company names a new CEO as it moves on from its annus horribilis

Lululemon Athletica named a new chief executive Tuesday and announced founder Chip Wilson is stepping down as chairman as the athletic clothing retailer looked to put a difficult 2013 behind it.

The changes mark the end

Sheer madness

"Quite frankly, some women's bodies just actually don't work for it."

Lululemon founder Chip Wilson, in an interview last month, ignited a storm of criticism by suggesting to Bloomberg TV that production issues may not be the only issue regarding the sheeriness of its Luon yoga pants.

of the five years of dramatic growth of the Vancouver-based company with Wilson and outgoing CEO Christine Day at the helm.

The company said Tuesday that Laurent Potdevin will take

over as chief executive next month. Potdevin, who began his career at luxury retailer LVMH, most recently served as president of Toms Shoes.

Day has overseen the company's expansion beyond yoga clothes to all manner of workout gear, more than tripling the company's share value since she took over as chief executive in 2008.

However, Lululemon has struggled this year with its first major stumble when it pulled its black Luon pants from store shelves after customer complaints that the pants were too sheer. THE CANADIAN PRESS

Got the maximum

Exec jailed after selling faulty breast implants

A French businessman who sold tens of thousands of breast implants filled with industrial-grade silicone and prone to leaks was convicted of fraud on Tuesday and sentenced to the maximum four years in prison.

Jean-Claude Mas' lawyer promised to appeal immediately.

THE ASSOCIATED PRESS

Mary Barra

GM names first woman to head a U.S. car company



Mary Barra

THE ASSOCIATED PRESS FILE

Market Minute

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HYPNAGOGIA SOUNDS LIKE A SNOOZE

OK, it's time to get up close and personal.

Do you take naps?

I'm not sure what prompted that question, but it occurred to me during a session in the "thinking chair" in my office.

Some of my best ideas happen in the thinking chair, usually just before someone starts snoring and the walls start to reverberate. If I ever find out who's doing it...

Turns out I'm not the only one who becomes inspired in that twilight zone between sleeping and waking, that place where you're starting to dream but haven't fallen asleep yet.

That state, which is called hypnagogia, was visited frequently by Edison, Einstein, Aristotle and Spanish surrealist painter Salvador Dali, he of the landscapes featuring melting clocks. Hypnagogic, dude.

So, napping is not a sign of increasing senility, but a powerful creative tool. Hence the term "power nap." Superman prob-



JUST SAYIN'
Paul Sullivan
metronews.ca

ably knocks off a few power zzzs when he's all cosy in the Fortress of Solitude. Nobody calls Superman senile, although there is that giant 's' on his chest.

There is some research to suggest power naps help prevent heart attacks, although that could be because people who engage in cardiovascular exercise have a tendency to get calm and drowsy after their workout. The jury is still out ... like a light.

If you've tried power napping and only end up feeling groggy afterwards, it's probably because you're not doing it right. I know, I know, what's to learn? Close your eyes, count to 10... how long was I out?

If you go past Hypnagogia Land into the realms of deeper sleep lasting longer than 20 minutes, that's not good, as you could end up with sleep inertia, which makes you groggy and grumpy.

Dali, he of the hypnagogic melting clocks, had a trick that prevented him from succumbing to the rapture of the depths. He would hold a key in his right hand, which he would then dangle over a plate. As soon as he started to heed the call of the Sandman, the key would drop out of his hand and clatter on the plate. Then he'd be up, refreshed, and back to his melting clocks. He called it "just the necessary amount of repose."

If you're still worried what everyone will think if you catnap at the controls of your 747, remember that entire cultures are based on the nap, only they call it the siesta, which sounds poetic, lyrical. People who take siestas never drool, for example.

The siesta is associated with the twin drivers of leisurely noonday meals and warm summer afternoons characteristic of Mediterranean climates, but you can try it here too, where it's all fast food and frost.

And if you start to do your best work immediately after a power nap, remember that it worked for Edison and Einstein. OK, maybe you have to try a little harder.

Five more minutes?

Clickbait



Luke Simcoe
Metro Online



COURTESY BOOMF

As the holiday shopping season descends on us all, Metro has a few ideas on what to get that person in your life who lives on social media. Here are some sites that will take your Instagram photos and turn them into Insta-gifts.

Printstagram (printstagram.com)

A one-stop shop for turning your favourite social media photos into everything from cards, to posters or stickers.

Stitchtagram (stitchtagram.com):

Based in Washington, D.C., this company lets you design pillows, bags and purses using your Instagram snapshots.

Boomf (boomf.com):

This site will literally print Instagram photos onto bite-sized marshmallows (pictured) and deliver them to your door. What else would you expect from a company whose tagline is "turn your memories into magical morsels?"

Twitter



son, Ayrton Senna and Elvis Plesley.

@MA6hp: According to @kanyewest he is new #Mandela.

@flarkcon: That's ironic

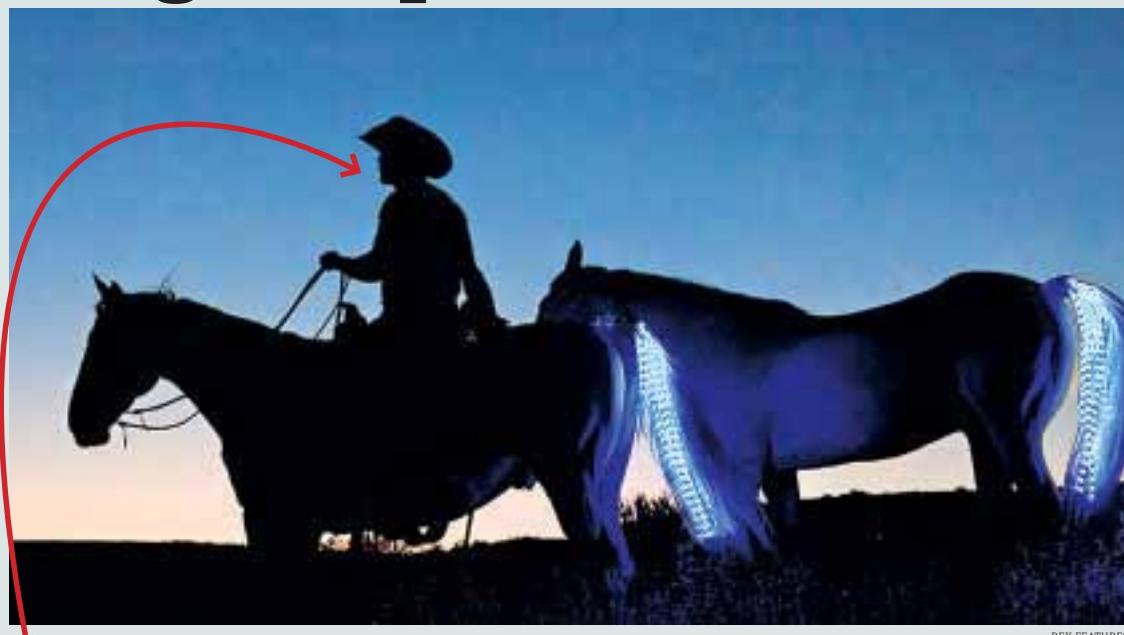
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ZOOM

It lights up a horse's behind



REX FEATURES

Safety first with glitzy horse lights

A California-based firm has invented the first safety lighting for horses. Tail Lights are LED lights that drape through a horse's tail to provide a safe way to warn motorists of a horse and its rider. They are the brainchild of Sami Gros, who developed the idea after her friend was almost killed when a car struck her horse. METRO

Founder says



"It all began following a life-threatening accident. Despite using reflective gear, the horse ridden by my friend was hit from behind by a car as we were approaching the barn around dusk."

Sami Gros, founder of Tail Lights

'An attractive visual presence on the road'

The system consists of six water-resistant LED strips in the shape of a horse's tail. The LED strands are attached to the base of the tail by a specially designed neoprene tail wrap. According to its designers, the lights do not emit heat, are water resistant and allow for free movement of the tail — and make "an attractive visual presence on the road." METRO



A Kickstarter campaign was launched to raise the \$100,000 needed to make the innovation widely available.

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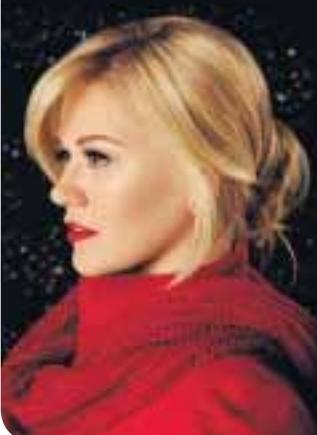
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Forget Middle-earth, movies are overrun with strange elves

New movies. From the North Pole to Nazi Germany to stories that go nowhere, the elfin character gets lots of play on screen



IN FOCUS

Richard Crouse
scene@metronews.ca

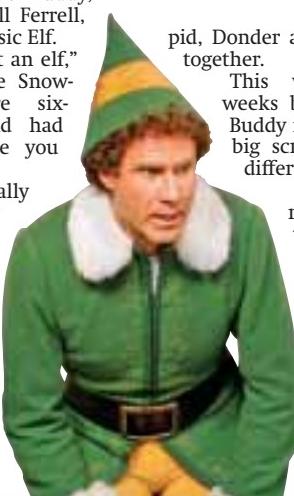
When we think of elves at this time of year visions of Santa's helpers fill our heads.

The cute, industrious and diminutive creatures from the North Pole can be seen everywhere in December in Christmas TV specials, greeting cards and movies like Arthur Christmas and Santa Claus: The Movie.

One of the most famous movie elves is Buddy, played by Will Ferrell, in the neoclassic Elf.

"You're not an elf," says Leon the Snowman. "You're six-foot-three and had a beard since you were 15."

So technically he's not really an elf, just a human raised by elves, but he has more Christmas spirit than Dasher, Dancer, Prancer, Vixen, Comet, Cu-



pid, Donder and Blitzen put together.

This weekend, just weeks before Dec. 25, Buddy is joined on the big screen by a very different kind of elf.

"She's slightly reckless and totally ruthless and doesn't hesitate to kill."

That's how Evangeline Lilly describes the 600-year-old

Will Ferrell became a neoclassic elf in the Christmas movie Elf. CONTRIBUTED

"she-elf" Tauriel from this weekend's The Hobbit: The Desolation of Smaug.

The bow-and-arrow wielding character is new to the J.R.R. Tolkien movie franchise, created by director Peter Jackson and his co-writers Fran Walsh and Philippa Boyens.

"She's our redhead," says Boyens.

"We created her for that reason. To bring that energy into the film, that feminine energy. We believe it's completely within the spirit of Tolkien."

Buddy and Tauriel are just two of the many kinds of movie elves.

Elves (or Gelfling as they're called in the flick), are the main focus of the Jim Henson film The Dark Crystal.

Dobby the House Elf was voted the No. 1 favourite magical creature in the Harry Potter series by NextMovie.com and Thor: The Dark World featured Dark Elves, an ancient race of dangerous beings whose spaceships are powered by black holes.

The cheese-ball B-movie Elves features the tag line, "They're Not Working for Santa ... Anymore."

Well, if not Santa, then

who? Nazis, that's who.

Finally Tom Cruise consorted with an elf named Honeythorn Gump in Legend, the Ridley Scott film The New York Times called "a slapdash amalgam of Old Testament, King Arthur, The Lord of the Rings and any number of comic books."

Swiss actor David Bennett played the feisty elfin sidekick who not only is the protector of the world's last two unicorns but, along with elves Screwball, Brown Tom and Oona, helps Cruise's character save the world from the nasty Lord of Darkness (Tim Curry).



Turn the page
for more coverage
of The Hobbit:
The Desolation of
Smaug

Evangeline Lilly stars in The Hobbit: The Desolation of Smaug. CONTRIBUTED

'We're being pretty generous with one year'



Peter Jackson.

MATT SAYLES/THE ASSOCIATED PRESS

Interview. Director of The Hobbit trilogy understands why fans might be upset by this edition's cliffhanger but points to others who have done worse



NED EHRBAR

Metro World News in Hollywood

While the first Hobbit film turned in huge business at

the box office, Peter Jackson faced some harsh criticism from fans and reviewers with his return to Middle-earth. And as much as he would have liked to course-correct, there wasn't much wiggle room going into the second installment.

"There wasn't really any ability to respond too much because we had already shot everything pretty much, apart from the 10 weeks of pick-ups we did this year, which half of that was the third movie," he says.

"By the time we were done

with pick-ups I was just getting in my groove."

Some things have changed this year, though. From Jackson and the film company.

There's less chest-pumping about high frame rates — in fact Jackson and company apparently aren't eager to bring up 48 frames per second this time around, though it will be offered at select screenings.

And the story is bigger, with more interweaving plot threads. But with the latest installment, Jackson is well aware some viewers might

find its cliffhanger ending a bit unsatisfying, with a full year to wait for the conclusion.

"We did have a discussion about it. It was just a chance that was very rare where you do films back to back, three films back-to-back, to be able to end on a cliffhanger," he says.

"I remember when I was 17, 19 years old, I remember the big Empire Strikes Back cliffhanger. It was, like, three years before the next one came out. We're being pretty generous with one year."

SCENE 2



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Maddie is a dedicated student who loves to play basketball and floor hockey and one day dreams of being a kindergarten teacher.



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Luke Evans no longer waiting in the wings

New movie. His work as Bard the Bowman was shot ages ago but it's just finally coming to audiences with the latest installment of *The Hobbit*

 **NED EHRBAR**
Metro World News in Hollywood

Last year, as the first Hobbit installment raked in more than \$1 billion worldwide, Welsh actor Luke Evans sat quietly by as Martin Freeman, Sir Ian McKellen and Richard Armitage got all the attention, since his work as Bard the Bowman wouldn't turn up until the second film, *The Desolation of Smaug*.

Well, Evans has to wait no longer.

After three Lord of the Rings films and the first Hobbit, it's kind of a foregone conclusion that New Zealand is a beautiful place, isn't it? Yeah, I think we need to just give up now. We all know this. Maybe we should just say, 'Actually, it's a s---hole,' (laughs). No, it's great. The Kiwis, they're very proud of their country and how they've preserved it in a really beautiful way, especially the South Island. It's so unspoiled.

You filmed your part before even the first Hobbit had come out. What was it like last year watching the reac-



Luke Evans finally shows up in *The Hobbit: The Desolation of Smaug*. CONTRIBUTED

tions and box office come in for that one, knowing that to audiences you still weren't quite a part of it? It was enjoyable, but it was also a bit of, 'Aw, shame I'm not part of this,' you know? But I've been very patient, I've bid my time, and now my turn has come and now I'm in the story and I'm not going anywhere now, I'm here till the end. But it was exciting to watch.

Do you have an action figure yet?

I have a Lego character, that's quite cool. It's not so

Unboxing

"I have a Lego character, that's quite cool."

Luke Evans
Talking about getting an action figure in his image

much action, he can't bend his arms, but he looks quite cool. And he has a Lego Laketown as well, and a little plastic bow and arrow. And he's got a really angry face.

So you didn't have any input on the Lego face?

No, no, obviously not. But it's great. I mean, it's a lovely thing, isn't it? That's the fun thing about being part of something as big as *The Hobbit*, things like that happen. Apparently Denny's, the cafe, have a whole Laketown menu. They have, like, the Bard's Brew and the Bowman's Pumpkin Pie. I'm tempted to go down there and order it all and just sit there munching through a Denny's breakfast.

I wouldn't recommend that, actually.

No, no, of course.

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Benedict Cumberbatch. 'I feel like I'm the cheat at the table, really'

Most actors involved in the *Hobbit* series of films talk about the joys of becoming de facto residents of New Zealand, moving to the lower hemisphere to film three movies back-to-back-to-back. But Benedict Cumberbatch, who performs as the greedy dragon Smaug (and did some motion-capture work as the Necromancer), was there for barely more than a week.

"That was the biggest con of doing this. Hearing all these stories of the live action harrowing-ness, and all the amazing work these people put in, I did my work in about eight days," Cumberbatch says. "I feel like I'm the cheat at the table really."

On top of that, while the bulk of his screen time is spent sparring with his *Sherlock* co-star, Martin Freeman, as the titular hobbit, he and Freeman weren't actually present for any of each others performances.

"I didn't spend any sort of live time with Martin, which was sad," he says. "We know each other quite well so we kind of second-guessed in a weird way our performances to some degree, I guess. It's a



Benedict Cumberbatch GETTY IMAGES

very different dynamic, very different. (On '*Sherlock*') I'm in the room with him and I'm not the flying, psychotic napalm machine. I could be dismissive of him as Dr. Watson as my *Sherlock*, but they're friends. Very different."

While he and Freeman are old pals, there was a whole cast of co-stars he missed out on befriending.

"Sadly, I met hardly any of the cast," he says.

NED EHRBAR/MWN

Richard Armitage. It's hard out there for a dwarf in Middle-earth

As Thorin Oakenshield, the leader of the 13-dwarf team out to best a dragon and return their people to power, Richard Armitage has his work cut out for him in *The Hobbit: The Desolation of Smaug*. But the British actor probably wasn't expecting that work to be quite so harrowing, like when they filmed an elaborate action sequence involving the dwarfs riding in barrels down a raging river.

"I think the most dangerous part of filming the barrel sequence was when we were in these little cut-off Flintstones-style barrels which were powered by our feet. It was like dodgems and we were bumping into each other," Armitage says. "It came together in quite a few different places on the Pelorus River, which was an extremely fast-flowing river. I did end up getting dragged under by that very current."

And if the forces of nature trying to drown him weren't enough, he also had director



Richard Armitage GETTY IMAGES

Peter Jackson's best technicians trying their hands at it as well.

"They were dumping tons of water on us and trying to get us to go under the water. But I think Martin had the most difficult role in that, because he wasn't in a barrel. But I think it was worth it."

NED EHRBAR/MWN

Harry and hook-up hang out in Hell's Kitchen

Maybe Harry Styles and Kendall Jenner were looking for an under-the-radar place to hang out, but a gay bar in New York City clearly wasn't it. After Styles' Saturday Night Live performance with One Direction, he and his rumoured girlfriend had a busy night of party-hopping, stopping for



Harry Styles. ALL PHOTOS GETTY IMAGES

a bit at Hell's Kitchen gay bar Therapy, according to E! News. A source says Styles and Jenner "were having a great time" and "for sure looked like they were a couple. They had a blast." The fact that Styles is 19 and Jenner is 18 — and the drinking age in the U.S. is 21 — didn't seem to factor into their having a blast.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Katy Perry

Perry pans parents' presidential politics

Katy Perry tries to not let politics come between her and her conservative parents — except when an invitation to Barack Obama's inauguration is involved. "My parents are Republicans, and I'm not," she tells Marie Claire. "They didn't

vote for Obama, but when I was asked to sing at the inauguration, they were like, 'We can come.' And I was like, No, you can't. I love you so much, but that — on principle. They understood, but I was like, 'How dare you?' in a way."



Bradley Cooper

Suki stays (sort of) silent about celeb squeeze

Bradley Cooper and girlfriend Suki Waterhouse made their first official appearance together as a couple at the American Hustle premiere party in New York this weekend, according to TMZ.

While they've been spotted out and about before, both have worked hard to keep mum about the relationship "because it's boring." Waterhouse recently told Elle UK. "I'm not one of those girls who goes on about their boyfriends. I do think whatever I say will sound weird. But the truth is, if I start talking about him, I probably won't be able to stop."

It looks like Courteney Cox may have found some new romance for the holidays with Snow Patrol's Johnny McDaid, according to Life & Style. McDaid accompanied Cox to Jennifer Aniston's Bel Air holiday party in November and wasn't shy about her feelings.

"Courteney definitely looked like she was on a date," a source says. "They were holding hands during the party." Cox's ex-husband, David Arquette, let slip during a chat with Howard Stern on Oct. 31 that she was dating someone new after splitting from Cougar Town co-star Brian Van Holt. "She's with someone who loves and cares for her," Arquette said. "That's all I care about."



Courteney Cox

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An advertisement for Elite Personal Training. It features the company name in a stylized font, followed by 'personal training'. Below that, it says 'London's #1 Personal Fitness Facility for 10 years'. Underneath that, there are three service offerings: 'PERSONAL TRAINING', 'SMALL GROUP TRAINING', and 'WEIGHT LOSS PROGRAMS'. A large, bold '30% OFF' is prominently displayed. At the bottom, it says 'Call now, Offer ends Friday Dec 20th' and provides a phone number and email address. There is also a small image of a gold Christmas ornament and a measuring tape.

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An advertisement for the movie 'Iron Man & Hulk: Heroes United'. It features the title in large letters, followed by 'on Blu-ray™ Combo Pack and the XBox One'. Below that, it says 'Or 1 of 10 copies of IRON MAN & HULK: HEROES UNITED on Blu-ray™ Combo Pack'. It shows an image of the Blu-ray disc and the XBox One console. The XBox One logo is also present. At the bottom, it says 'Introducing the all-in-one entertainment system.' and 'AVAILABLE NOW'.

You'll love this Cancun resort to the Moon and back

Sun and fun. Winter's icy grip is upon us, might we suggest beaches and bubbly?

GINA ANGELOTTI
Metro World News in New York

Moon Palace Cancun is a sprawling all-inclusive waterfront resort minutes from Cancun International Airport. Divided into three sections — Sunrise, Nizuc and Grand — each has its own character, landscape, demographic, restaurants and amenities. Once you put on a guest bracelet at check-in, you're not only given access to these "phases," which while walkable are connected by a lobby-to-lobby bus service, but you're also allowed to visit other Palace properties in the region. With seemingly limitless entertainment and dining options, the real party in Cancun happens here.

As the bellman explained the extensive features of our deluxe room at Grand, it became apparent that this resort was built with newlyweds in mind. With an in-room jacuzzi — standard for all suites — and a furnished patio, our accommodations were quite large for a single person.

But it wasn't long before we took advantage of the cavernous marble shower, swim-suited up and set out for sunshine. While climbing stairs that led to the nearest pool, we almost stepped on one of dozens of sunbathing iguanas that would appear over three days.



Enjoy a cocktail by one of the resort's beautiful pools. PHOTOS: CONTRIBUTED/MOON RESORT



Bored of the beach? Try your hand at the golf course.

Outstretched in a chaise under the shade of palm fronds and umbrellas, the heat was welcome. There were more chairs embedded in a shallow shelf of water along the pool's perimeter, and these prime seats were often occupied.

But when the water gets to be too much, guests will be happy to know that Moon Palace has a spa, two salons and

daily yoga in an on-site meditation garden.

Even though it briefly rained each day, the side effects were positive: The loudest guests — mostly families — abandoned the deck, and the ocean breeze rolled in to whip our paperbacks' pages and the napkins under our cocktails du jour.

Wash, rinse, repeat: We pool-hopped like this for the

rest of the trip.

One afternoon at the Sunrise pool's coal-fired pizza oven, two newlyweds chit-chatted with other guests in line.

An older woman advised the couple, "It only gets better." Smiling, the husband of the pair responded: "We've been here three days and each one has gotten better."

Just beyond these pools is the quieter beachfront. Although a hefty bit of seaweed clutters the otherwise sea glass-green waters — not on par with the Mayan Riviera's reputation for pristine beaches — the sandbars are the glorious temperature of bathwater and the sand itself is the softest we've bared our feet for.

Each time we walked the shoreline between the phases, we shuffled through heart after heart etched in the sand. We eventually caved and drew one, too.

"Have you ever been kissed by a Mexican?" asked

For the kids

- While there are hoards of honeymooners — Moon Palace hosts more than a thousand weddings annually — the resort is actually bursting at the seams with families. The appeal is as strong for the under-18 set as it is for grown-ups. Parents relax poolside while their kids roam independently with minimal risk, and vice-versa. Plus, the all-inclusive element means that, cost-wise, parents don't need to utter the dreaded word "no" very often. Kids seem elated; adults look relieved.

Miguel, a trainer at Moon Palace's own dolphinarium, where guests get a show and a wet smooch from one of eight bottlenose dolphins. A professional photographer on hand means that guests take home a souvenir portrait that's a step up from a smartphone selfie.

On the last evening of the trip, we had an unexpectedly exceptional meal at Los Tacos.

At the poolside snack bar, surrounded by a ring of romantic canopied beds and mangroves, a flirtatious waiter brought to our table a heaping plate of nachos that we didn't actually order. But it didn't matter, because the tortilla chips swimming in cheese, grilled pork and pineapples were as gratifying as the tumbler of Dos Equis we washed them down with.



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On a sunny day, when the Grand Canal is a sparkling ribbon of aquamarine embossed with boats ancient and modern, Venice can steal your heart. And it can do a number on your wallet, too. Knocking back a Bellini at the Hemingway haunt of Harry's Bar will cost you. And taking a gondola ride? You don't want to know how much. But here are five things to do in La Serenissima — as the serene city is sometimes called — that don't cost a dime, or a pound of flesh.

THE ASSOCIATED PRESS



The Square

Centrally located, St. Mark's Square — Piazza San Marco — is lined with shops and restaurants and is a must-see. Go early or late to avoid the worst crowds. You can go into the church for free, although there are fees to see the museum and other areas. Completely free: window shopping, people-watching and posing for selfies.



The Ghetto

The word ghetto originated in Venice where a gated part of the city was designated as the Jewish quarter from the 16th century until 1797. A commonly cited explanation is that the word stems from an Italian word "getto" associated with an old foundry in the area. A bas relief sculpture by Arbit Blatas in the main square — Campo di Ghetto Nuovo in the Cannaregio district — commemorates the deaths of Venetian Jews killed in the Second World War.

5

Free things in Venice



The Bridges

Venice is brimming with bridges. The Rialto, a stone arch lined with shops that crosses the Grand Canal at about the halfway point, is the most famous. The Academy Bridge — Ponte dell' Accademia — between the Campo di San Vidal and Campo della Carita, also offers great views of the Grand Canal.



The Basilica

The Basilica di Santa Maria della Salute — St. Mary of Health — was built after an outbreak of the plague in 1630. Its ornate dome is a feature of the city skyline. Works inside include art by Tintoretto and Titian. Located in the Dorsoduro district, across the Grand Canal from St. Mark's; take the No. 1 water bus to the Salute stop. Open 9 a.m. to 12 p.m. and 3 p.m. to 5:30 p.m. most days.



The Music Museum

Classical music enthusiasts will enjoy the Museum of Music — Museo della Musica — a collection of instruments from the 17th to 19th centuries. The museum is in the Church of St. Maurizio, about a 15-minute walk from St. Mark's Square, and celebrates Venice's history as a centre of instrument making. Open daily 10 a.m. to 7 p.m.



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Lose the bread, add chicken but keep all the delicious flavours of a BLT



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

No, it's not a sandwich but a delicious salad with all the ingredients except for the bread. I don't often use iceberg lettuce, but it goes so well in this salad.

You can prepare the salad early in the day and dress just before serving.

1. Preheat the oven to 400 F.

2. Combine the milk and egg

Ingredients

- 1/2 cup 2% milk
- 1 egg
- 1/2 cup panko crumbs or unseasoned dry breadcrumbs
- 2 tbsp grated Parmesan cheese
- pinch of salt and pepper
- 8 oz boneless chicken breast

in one bowl. Combine the panko, Parmesan, and salt and pepper in another bowl.

3. Dip the chicken breast in the egg mixture, then the panko mixture.

4. Heat a small skillet until hot. Add the oil and sauté the chicken breast just until browned on both sides, about 2 minutes per side. Place in a 400 F oven and bake for 10 minutes, until the temperature reaches 165 F or until it's no longer pink. Let cool, then slice thinly.

Nutritional information

Per serving

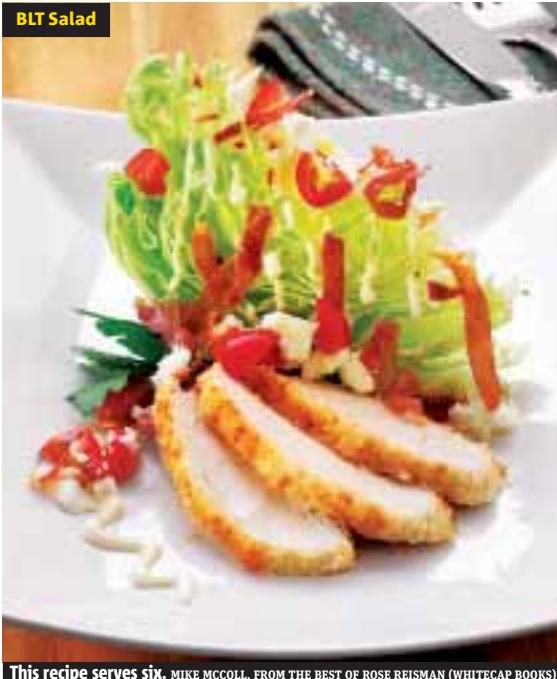
- Calories. 220
- Carbohydrates. 11.5 g
- Fibre. 0.7 g
- Protein. 17.3 g
- Total fat. 10 g
- Saturated fat. 3.5 g
- Cholesterol. 78 mg

5. Meanwhile, in a small skillet, cook the prosciutto until crisp (about 5 minutes). Dice and sprinkle over the lettuce wedges and sprinkle with the crumbled feta and tomatoes. Add chicken.

6. Pour the dressing over top.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

BLT Salad



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Drink of the Week

Sapphire In a Pear Tree

This drink, inspired by the 12 Days of Christmas, is perfect for holiday parties.

- 1 1/2 oz Bombay Sapphire gin
- 1/2 oz Disaronno amaretto
- 2 oz pear nectar
- 3/4 oz fresh lemon juice
- 1/4 oz maple syrup
- 1 rosemary sprig and cranberries for garnish

Starting from bottom of rosemary sprig, remove approximately two thirds of leaves. Crush leaves to release aroma. Add, along with all other ingredients, into cocktail shaker. Add ice and shake well. Strain into highball glass filled with fresh ice. Garnish with rosemary sprig and cranberries.

COURTESY
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SAPPHIRE



The comfort of Mac & Cheese

1. Position a rack toward the bottom of your oven so mac and cheese can bake evenly in the middle. Heat oven to 200 C (400 F) and turn on convection fan if you have one. Lightly oil a large baking dish.

2. Fill your largest pot with lots of hot water and lots of salt and put it over lots of heat. Bring to a boil and cook noodles.

3. While you wait, prepare breadcrumb topping. Fill food

processor with bread and choice of herb. Pulse until coarse, even crumbs are formed, just a few seconds. With the food processor running, splash in olive oil, processing just long enough to evenly combine the works. Don't grind crumbs too finely — the coarser the crumbs, the crispier they'll be once baked.

4. Begin sauce by putting bacon in a large saucepan over medium-high heat. Splash in enough water to just barely

cover it. Stir frequently with a wooden spoon. As the water simmers, the bacon will begin to cook. Then, as the water evaporates, the bacon will render, releasing its fat. Lastly, it will crisp as the flavourful bacon fat heats past the boiling point of water into the flavour zone. Adjust heat as needed, keeping bacon sizzling but not smoking and burning. Stir until the bacon is evenly cooked and crisp. Using a slotted spoon, transfer bacon bits to paper towels, leaving the fat behind for building the sauce.

5. Add onions and garlic to hot bacon fat; sauté as textures soften and flavours brighten, 5 minutes or so. Evenly sprinkle flour over onions, then stir it in well. The bacon fat will absorb the flour and create a thick paste. Continue cooking, getting rid of the raw flour taste, just a minute or two. Whisking constantly, pour in milk and cream, then gently stir as sauce thickens, about 10 minutes.

6. When noodles are al dente, drain and return to pot. To finish sauce, smoothly stir in mustard, paprika, hot sauce and salt, then mix in cheese and bacon bits. Pour sauce over hot, steamy noodles and stir mix-

ture together.

7. Pour into prepared baking dish. Sprinkle evenly with seasoned breadcrumbs. Transfer to oven, reduce temperature to 180 C (350 F) and bake until lightly golden brown and bubbly, about 30 minutes. **THE CANADIAN PRESS/BACK TO BASICS: 100 SIMPLE CLASSIC RECIPES WITH A TWIST BY MICHAEL SMITH (PENGUIN).**

Ingredients

- Breadcrumb Topping
 - 1/2 loaf Italian bread, torn or cut into chunks
 - 15 ml (1 tbsp) of your favourite dried herb such as thyme
 - Few splashes of olive oil
- Mac and Cheese
 - 500 g (1 lb) penne
 - 12 slices of bacon, chopped
 - 2 onions, diced
 - 4 garlic cloves, minced
 - 150 ml (2/3 cup) all-purpose flour
 - 1 l (4 cups) milk
 - 250 ml (1 cup) whipping cream
 - 30 ml (2 tbsp) Dijon mustard
 - 15 ml (1 tbsp) paprika
 - 5 or 10 ml (1 or 2 tsp) hot sauce
 - 5 ml (1 tsp) salt
 - 500 g (1 lb) aged cheddar cheese, shredded

Appetizer. Retro Ham Salad Sandwiches



These sandwiches make a great addition to a sandwich tray for an old-fashioned tea party.

1. In bowl, stir ham, cheese, pickles, mayonnaise, green onions, capers and mustard.

2. Lay three slices of bread flat on work surface. Using rolling pin, slightly flatten one slice. Divide ham salad among the three slices, including the flattened one. Using back of spoon, spread ham mixture evenly over slices. Top each un-flattened slice with another slice of bread and cut into small squares to make little sandwiches. Starting at short end, roll flattened slice of bread up into a coil and slice crosswise to make pinwheel sandwiches. Ar-

range pinwheel and little sandwiches on a platter.

COURTESY PRESIDENT'S CHOICE

Ingredients

- 6 oz (175 g) Black Forest ham, chopped
- 1 cup (250 ml) PC World of Flavours Canadian Triple Cheddar Shredded Cheese Blend
- 1/2 cup (125 ml) chopped dill pickles
- 3/4 cup (175 ml) mayonnaise
- 2 tbsp (25 ml) minced green onions
- 1 tbsp (15 ml) chopped drained capers
- 1 tsp (5 ml) Dijon mustard
- 1 pkg (250 g) PC Tramezzini White Crustless Bread



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How to turn casual chatter into a chance

Talk turned around.
There's no such thing as useless banter when you're on the hunt for a hot job

TANIA
DESA
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Whether you're in an unfamiliar country or steps from home, there are five steps to take if you want to turn a conversation into an opportunity:

Be an awesome listener

Finding opportunities is an active process, just like networking, applying to jobs or marketing yourself in an interview.

However, all of these steps start with good listening skills. You can't learn without new information and you can't acquire any if you're talking about yourself.

Maintain eye contact, acknowledge information with body language and ask follow-up questions based on the information you've just heard.

Test your listening skills by thinking about a recent conversation. You'll probably find that it's much easier to recall what you said than what you heard. Get practicing!

Develop curiosity

When you travel, you ask and answer a lot of questions.

There's nothing wrong with that, because questions are a simple and easy way to get to know someone. However, when you're looking for an opportunity, you want to ask questions that will spark meaningful conversation.

A question is an invitation to engage, so while you're busy not talking, you should be coming up with questions to ignite interest in your conversation partner and build engagement.

Communication concentration

Take cues from your conversation partner. If they seem bored with broad questions, get more specific. If you feel lost, don't be afraid to let them choose the next topic.

TalentEgg asks:



#QuestionoftheDay: Is sending a thank-you note after an interview a DO or a DON'T?

- @jessihutcheson: Total do! Hand written is best!
- @Haskayne_Jobs: Definitely a DO!
- @Recruit_Campus: 100% DO! If everyone else does (most DO) & you don't, what impression are you giving?
- @jessihutcheson: Or if no one else does and you do - what impression are you giving #alwaysagoodidea
- @samboucher24: Do! even an email goes a long way
- @voiceofjamesd: Be original, send an old fashioned card or a brief video message, rather than just an email thankyou

or confidential information, but personal feelings about challenges they're facing or areas of particular interest that they'd like to develop.

Identify problems by listening for hints, remarks or statements like:

"I wish I could ... " "The problem is ... " "I'm not sure how to ... "

When these statements come up, dig deeper to understand the underlying problem and ask yourself how your skills could help address the issue at hand. Sometimes, your help can be an anecdote, a story or information from an article you read. At other times, the solution may just be YOU. Then, it's on to step four.

Don't get discouraged if you can't identify a problem right away. Concentrate on acquiring more information and asking good questions.

Showcase your personal brand

This is the big step.

Once you've spotted your potential opportunity and confirmed that it matches your skills and experience, it's time to make your move.

If the conversation you're having is quite lively and informal, you can say something direct:

"I have some experience in this area."
"Have you considered ... "
"Can I share my thoughts on this?"

If you're afraid of coming on too strong, try an indirect approach. Share a relevant personal story that offers some problem-solving solutions and demonstrates your skills. You can also get your conversation partner to explain the problem in more detail by asking further questions, which may prompt them to ask for feedback from you.

Follow up fearlessly

Even the most promising conversation won't lead to a real opportunity without follow-up.

Make sure you've got some way of staying in touch with your new contact once you part ways.

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Know who you are, what you stand for and what value you bring to the table. Having a clear sense of your personal brand gives you confidence to display your strengths, talk about your experience and demonstrate your value.

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Bolts' Williamson gets better and better

NBL Canada. 'Sky is the limit' for London guard on the rise



DAVE LANGFORD

dave.langford@metronews.ca

The London Lightning-Brampton A's game featured two former NBA players on Sunday, both of whom were on the court, albeit patrolling the sidelines.

And while the two coaches were butting heads, they agreed later that a future NBA player may have been playing on the floor in front of them.

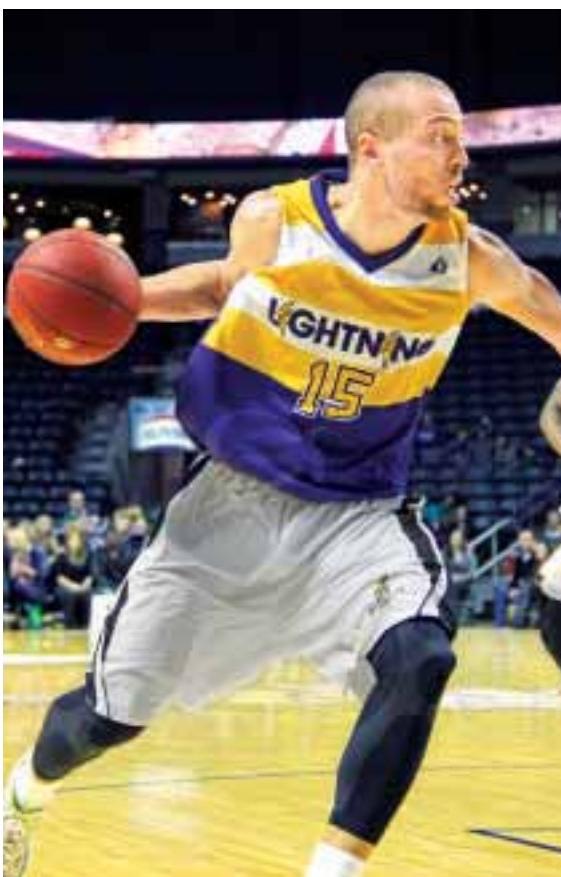
The player in question is London's Garrett Williamson, a six-foot-five guard from Philadelphia who had just poured in 36 points in the Lightning's 108-101 loss to the A's. That was despite playing with a six-stitch gash over his eye after being elbowed in Saturday night's game.

Brampton head coach David Magley, an Indiana basketball Hall of Famer who played 14 games with the Cleveland Cavaliers, considers Williamson the best player in the National Basketball League of Canada.

"I just told him that," Magley said after the game. "He's such a tough matchup. He can score so many ways. No matter what happens, he always keeps his cool.... I'm just in awe of the young man. He's a beast."

Lightning head coach Micheal Ray Richardson, who played eight seasons in the NBA, said Williamson "probably could" play in the NBA "if he is put in the right position."

"He's got to work on his



The Lightning's Garrett Williamson drives to the basket during a game last month at Budweiser Gardens. ANGELA MULLINS/METRO

outside shot a little bit more, but, as far as just getting up and down the floor, he is unbelievable."

Williamson has been impressing not only coaches but also players and fans throughout the nine-team circuit. His statistics support the accolades. He stands first in field-goal percentage at .602 and is now fourth in scoring with a 21.23 average.

The mild-mannered Williamson, 25, is taking dead aim at a tryout with the Canadian national team. He recently appeared on their radar when it was discovered his mother is Canadian.

"I spoke to my agent and he said around Christmas time, he will probably really try and get in contact with (Canada Basketball)," Williamson said. "He said he

Lightning newcomers

- Curtis Withers.** 6-8 centre, last played in South Korea. **Coach Richardson's comments:** "He knows how to score. He knows how to use his body, and that's what we need."
- Darin Mency.** 6-2 guard, last played for Delaware in the NBA D-League. **Coach's comments:** "Darin Mency is a guy who can shoot the ball really well from the outside and we need another shooter."

Released

- Raheem Singleton,** guard.
- Al'lonzo Coleman,** forward.

wanted me to keep playing the way I am playing and give them a full body of work to look at.

"He said all things will come within time."

Williamson played in Germany last year but he admits he is likely playing the best basketball of his young career right now.

"I don't know whether it's the situation or the competition or what it is. There's not much restriction on what I can do and also the game style is up-tempo. It fits my game," he said. "I am just trying to find more ways to score."

Richardson said Williamson has exceeded all expectations.

"The sky is the limit for him," he said.

OHL

Knights erase Stolarz gaffes to top Rangers

The Teddy Bear toss was no Teddy Bear picnic for London Knights' goalie Anthony Stolarz.

The Knights' goalie gave up a bad opening goal off the end of his stick leading to the second Teddy Bear onslaught featuring the Knights in five days.

Stolarz also gave up questionable second and fourth goals but the Knights rallied to beat the last-place Kitchener Rangers 6-4 in an Ontario Hockey League game in Kitchener before 7,229 fans Tuesday.

The game was the second-last start for Stolarz before heading to the U.S. world junior tryout camp on the weekend. The win was the 19th for the Knights goalie who owns the league's best save percentage at .927.

Knights' Bo Horvat and Max Domi each scored a pair for the Knights. Chris Tierney, and Ryan Rupert, with the winner, added singles.

Nick Magyar, with the strange Teddy Bear goal, Radek Faksa, Scott Teskey and Max Lafrate scored for the Rangers.

The Knights were missing defenceman Nikita Zadorov who has left for Russia and the country's world junior camp.

Up next for the Knights is the latest in the battle for second place with Guelph as they play host to the Storm at 7:30 p.m. on Friday at the Budweiser Gardens.

Meanwhile, former London Knight Andreas Athanasiou, 19, of the Barrie Colts was named CHL player of the week with seven points in two games.

DAVE LANGFORD/METRO

Soccer

United finish atop Champions League Group A

Manchester United rediscovered the winning feeling at Old Trafford by beating Shakhtar Donetsk 1-0 in the Champions League on Tuesday to finish at the top of Group A and eliminate the Ukrainian champions.

THE ASSOCIATED PRESS

IOC recognition

Football inches toward Olympics

Football took a tiny step closer to potential inclusion in the Olympics on Tuesday.

The IOC's executive board granted provisional recognition to the International Federation of American Football. A vote on approving football for the Summer Games could take place in 2017.

THE ASSOCIATED PRESS

Figure skating

Olympic men's champ out for Sochi

Evan Lysacek will not defend his Olympic figure-skating title in Sochi because of a torn labrum in his left hip. After two months of aggressive treatment, doctors told Lysacek last week the injury was not going to improve and he was risking permanent damage if he kept training.

THE ASSOCIATED PRESS

UFC. St-Pierre to announce plans for future on Friday

Georges St-Pierre will shed light on his future later this week in Quebec City.

There has been a question mark hanging over the UFC welterweight champion since his win over No. 1 contender John Hendricks last month at UFC 167. St-Pierre said after the fight that he needed time away from his sport.

It appears the 32-year-old



from Montreal has made up his mind.

St-Pierre, currently on vacation in Dubai, confirmed by text to The Canadian Press that he will be announcing his future Friday.

THE CANADIAN PRESS

Brendan Shanahan. Board of governors give VP of player safety thumbs up

The NHL's board of governors thinks Brendan Shanahan is doing a bang-up job of enforcing player safety.

That was the sense commissioner Gary Bettman got from the room on the second and final day of meetings that included updates on player safety, the upcoming Sochi Olympics, hockey operations and the ongoing relationship with the Players' Association.

In light of Saturday night's game between the Boston Bruins and Pittsburgh Penguins, discipline and on-ice

Doing the time

18

The number of suspensions that have cost players at least one regular-season game this year.

conduct are in the public spotlight. It was just one part of the meeting but general managers expressed satisfaction over the state of discipline.

THE CANADIAN PRESS

12% increase

NHL salary cap to rise to \$71M

NHL revenues have increased so much that next year's salary cap is expected to be roughly \$71 million US, close to a 12 per cent increase from this season (\$64.3 million).

That's an estimate, but it's

the figure commissioner Gary Bettman delivered to the board of governors Monday.

The cap floor this season is \$44 million, and it's expected to be about \$52 or \$53 million next year. According to CapGeek, the only team with a cap number of less than \$52 million is the Florida Panthers.

THE ASSOCIATED PRESS

Sochi Olympics

Russia plans to set up designated protest zones

IOC president Thomas Bach said Russia will set up public protest zones in Sochi during the Winter Olympics, a move unlikely to defuse criticism of the country's human rights record and a recent law banning gay "propaganda."

With the opening ceremony less than two months away, Bach said Sochi organizers notified him of the decision during their report to the International Olympic Committee executive board on Tuesday.

Bach, chairing his first board meeting since being elected president in September, said the Russians would establish specially designated zones for "people who want to express their opinion or want to demonstrate for or against something."

Bach said he didn't have any details on where the protest zones would be located or how they would be managed during the games, which run from Feb. 7-23.

THE ASSOCIATED PRESS

Leafs captain's hit from behind draws suspension



Maple Leafs defenceman Dion Phaneuf faces a two-game suspension for a hit on the Bruins' Kevan Miller on Sunday night. TORSTAR NEWS SERVICE FILE

2-game ban. Buds to go without Phaneuf after he boarded Bruin

Leafs face 4th suspension

The suspension is the Leafs' fourth during the regular season. David Clarkson got an automatic 10 games for leaving the bench to join an altercation during the pre-season, Nazem Kadri got three games for elbowing Wild goaltender Niklas Backstrom in the head last month, and Carter Ashton was suspended two games for boarding Flames forward Derek Smith.

Maple Leafs captain Dion Phaneuf has been suspended two games for his hit from behind on Kevan Miller of the Bruins.

Phaneuf boarded Miller, who clearly had his back turned, during Toronto's loss to Boston on Sunday night at Air Canada Centre. No boarding penalty was called on the play.

In announcing the suspension, NHL vice-president of player safety Brendan Shanahan said that Miller should never have been eligible to be hit like he was.

"At no point during his approach does Phaneuf see anything but Miller's numbers, so the onus is on him to either avoid the hit completely or at the very least minimize it more than he does," Shanahan said.

Miller left the game, but Claude Julien told reporters that he wasn't worried about the defenceman's condition. That factored into the two-game suspension, as did the fact that Phaneuf has no previous history of discipline in nine NHL seasons.

He'll forfeit \$66,666.66 in salary as a result of the suspension. THE CANADIAN PRESS

MLB. Rangers officially acquire ex-Jays catcher



Catcher J.P. Arencibia signed with the Rangers on Tuesday. GETTY IMAGES FILE

Two of Arencibia's seven multi-homer games have come in Arlington. The other five were in Toronto. THE ASSOCIATED PRESS

Other transactions on Tuesday

- A three-team trade was made involving the Arizona Diamondbacks, Los Angeles Angels and Chicago White Sox. Outfielder-first baseman Mark Trumbo will go from L.A. to Arizona, pitcher Hector Santiago moves from Chicago to L.A., outfielder Adam Eaton leaves

Arizona for Chicago, and left-hander Tyler Skaggs goes from Arizona to L.A.

- The Oakland Athletics dealt left-hander Brett Anderson to the Colorado Rockies for lefty Drew Pomeranz and minor-league pitcher Chris Jensen.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	31	12	14	5	91	103	29
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	21	10	1	98	71	43
Washington	30	16	12	2	92	85	34
NY Rangers	31	19	15	1	69	80	31
Carolina	31	13	15	5	71	86	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	30	13	14	3	68	78	29
Columbus	30	12	15	3	73	82	27
NY Islanders	31	8	18	5	77	109	21

Tuesday's results

Los Angeles at Montreal
Tampa Bay at Washington
Ottawa at Buffalo

New Jersey at Columbus

Nashville at NY Rangers

Detroit at Florida

St. Louis at Winnipeg

Chicago at Dallas

Phoenix at Colorado

Boston at Calgary

Carolina at Edmonton

NY Islanders at San Jose

Mondays results

Ottawa 5 Philadelphia 4 (SO)

Pittsburgh 2 Columbus 1

Anaheim 5 NY Islanders 2

Vancouver 2 Carolina 0

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	16	27	43
Malkin, Pgh	8	30	38
Getzlaf, Ana	16	21	37
Kane, Chi	16	21	37
Perry, Ana	20	15	35
Tavares, NYI	12	22	34
Steen, Stl	20	12	32
Thornton, SJ	5	27	32
Ovechkin, Wash	22	9	31

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	21	6	5	116	89	47
St. Louis	28	19	6	3	98	66	41
Minnesota	32	18	9	5	77	75	41
Colorado	28	20	8	0	82	65	40
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	33	21	7	5	106	86	47
San Jose	30	19	6	5	101	75	43
Los Angeles	30	19	7	4	79	62	42
Vancouver	33	18	10	5	88	81	41
Phoenix	29	16	8	5	94	93	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Wednesdays games — All Times Eastern

Los Angeles at Toronto, 7:30 p.m.

Philadelphia at Chicago, 8 p.m.

Minnesota at Anaheim, 10:30 p.m.

Thursdays games

Montreal at Philadelphia, 7 p.m.

Columbus at NY Rangers, 7 p.m.

Buffalo at Ottawa, 7:30 p.m.

Detroit at Tampa Bay, 7:30 p.m.

Toronto at St. Louis, 8 p.m.

Dallas at Nashville, 8 p.m.

Colorado at Winnipeg, 8 p.m.

Carolina at Calgary, 9 p.m.

NY Islanders at Phoenix, 9 p.m.

Boston at Edmonton, 9:30 p.m.

Minnesota at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	Pts
Kunitz, Pgh	17	14	31
Zetterberg, Det	11	19	30
Kessel, Tor	16	13	29
Couture, SJ	10	19	29
Karlsson, Ott	8	21	29
H. Sedin, Vcr	8	21	29
Ryan, Ott	14	14	28
Marleau, SJ	13	15	28
D. Sedin, Vcr	10	18	28
Seguin, Dal	15	12	27

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8 1/2
Detroit	10	11	.476	8
Charlotte	10	11	.476	8
Washington	9	11	.450	8 1/2
Chicago	8	10	.444	8 1/2
Toronto	7	12	.368	10
Cleveland	7	13	.350	10 1/2
Philadelphia	7	15	.318	11 1/2
Brooklyn	6	14	.300	11 1/2
Orlando	6	15	.286	12
New York	5	14	.263	12
Milwaukee	4	16	.200	13 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	18	4	.818	—
Oklahoma City	15	4	.789	1 1/2
d-San Antonio	15	4	.789	1 1/2
d-L.A. Clippers	14	8	.636	4
Houston	15	7	.682	3
Denver	13	8	.619	4 1/2
Dallas	13	9	.591	5
Phoenix	11	9	.550	6
Golden State				

5 DRIVE

22

DRIVE

metronews.ca
Wednesday, December 11, 2013

AJAC's historical missteps?

Former winners. Let's go back in time 5 years and see the good and not-so-good victors

The trouble with car-of-the-year awards is that they recognize fetching lines, nifty engineering and value for money, but fail to take into account the one factor shoppers say is paramount to their decision: reliability.

As AJAC names its finalists for the 2014 Canadian car and utility vehicle of the year, we thought it would be instructive to look back at previous winners, in five-year increments, to see how they fared in the real world. Do our esteemed jurists end up picking the best vehicles for hard-working Canadians? You be the judge.

2010: VW Golf GTI

Volkswagen bookends our retrospective with two disparate generations of the worldly, front-drive Golf. The sixth-gen Golf, introduced in 2010, was a masterful reworking of the Mk5 car that landed here in 2006. The body was finessed with an angle grinder to make it more aerodynamic, while the cabin furnishings were raised to near-Audi standards. The GTI inherited Golf's three- and five-door hatch configurations, but with some tuned suspension bits and wicked alloy wheels shod with low-profile rubber. Owners of pre-2010 GTIs did report several minor problems, but VW must have ironed out the bugs; the newest generation appears problem free.

2005: Ford Mustang

To mark the 40th anniversary of Lee Iacocca's groundbreaking Mustang, Ford put stylist J Mays on the job to cast the new coupe and convertible as "retro-future" iterations of the original. By adopting the rear-drive chassis of the Lincoln LS — but with a solid rear axle to keep costs down — the car gained a stiff platform to promote adept handling. Assembled at the Ford-Mazda plant in Michigan, the Mustang benefited from Japanese-quality controls. Still, there were some unsettling problems revealed by owners, including faulty manual transmissions and rear differentials, fueling issues, faulty emergency brakes, short-lived batteries, bad V8 throttle-position sensors and interior rattles.

2000: Ford Focus

With its avant-garde styling and premium materials, the



THE 2010 VW GOLF GTI, ALL PHOTOS TORSTAR NEWS SERVICE

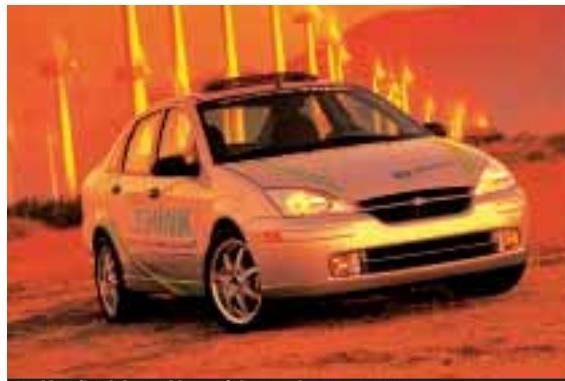
Ford Focus aspired to be more than just an econobox. And it came in lots of flavours: a four-door sedan, five-door wagon, three-door hatchback and, later, a five-door hatch. Every model was a ball to drive, thanks to its tight platform and sophisticated suspension geometry. The Focus got off to a rocky start in terms of reliability. Owners' mailboxes filled up with recall notices, and the cars exhibited mechanical glitches such as fast-wearing brakes, wheel-bearing failures, broken transmissions and ignition switches, faulty air conditioners, bad fuel pumps and numerous electrical problems. The quality improved in newer models.

1995: Plymouth/Dodge Neon

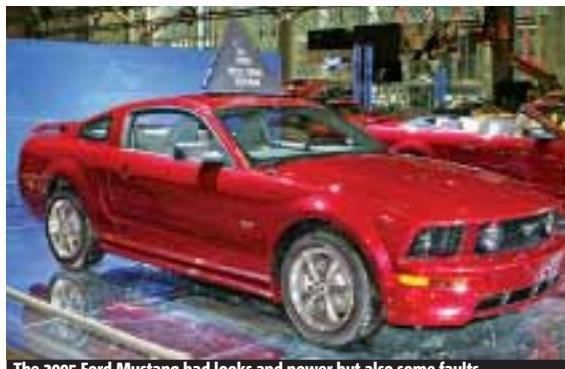
When Chrysler unveiled its compact Neon to much fanfare in early 1994, the car was an instant hit, with its cheeky design, vivid colours and friendly pricing. What differentiated the Neon from other econoboxes was its "cab-forward" architecture, which shoved the wheels out to the corners. Available in two- and four-door forms, stylists made one misstep by specifying frameless windows, which invited plenty of wind noise. As owners started racking up mileage, however, the Neon's lustre faded. It was plagued by head-gasket failures, faulty transmissions, air-conditioning woes and engines that leaked.

1990: Nissan 300ZX

The redesigned Nissan 300ZX graced a lot of lists: Car and Driver named it a 10 Best every year it was sold, while Automobile called it one of the 10 greatest cars of all time and amongst the most beautiful. Being one of the first production cars to be developed entirely by computer-aided design, it's a wonder studios still



Ford has fixed the problems of the popular 2000 Focus.



The 2005 Ford Mustang had looks and power but also some faults.

order clay in bulk. In addition to the two-seater hatchback, there was an extended four-seater model and a convertible. Beneath its comely lines, the 300ZX was powered by two versions of a 3.0L V6: naturally aspirated, it made 222 hp, while the twin-turbo firebrand put out 300 hp. The Z bristled with technology, including active rear-wheel steering to aid handling. Despite the complex machinery, the Japanese-built 300ZX proved to be an exceptionally reliable sports car.

1985: VW Golf/Jetta

AJAC's very first Car of the

The process of election

- AJAC finalists and runners up. Mazda, Kia and General Motors lead the way in the battle to be named Canada's car or truck of the year. The Automobile Journalists Association of Canada announced its 12 finalists for the awards last week, including three Mazda vehicles, and two each from Kia and GM. In October, a group of 80 AJAC journalists test drove 174 new vehicles during a week-long series of trials in Niagara Falls. AJAC's annual Test Fest evaluates all new or redesigned vehicles in each of 12 categories on the same day, over the same route, including a high-speed test circuit and/or a simulated off-road course or cottage road, depending on the type of vehicle. The journalists ranked a wide range of attributes, including design, space, quality, performance, safety, economy and value. Transport Canada fuel consumption figures were also factored in, as was the vehicles' price. Those 12 finalists will now compete to be named AJAC's Car of the Year or Utility Vehicle of the Year, which will be announced on Feb. 13.

12 finalists + runners up

- Small Car (under \$21k): Mazda 3
 - Small Car (over \$21k): Mazda 3 Sport
 - Family Car (under \$30k): Kia Soul
 - Family Car (over \$30k): Mazda 6
 - Luxury Car (under \$50k): Lexus IS 350 RWD
 - Luxury Car (over \$50k): Infiniti Q50 Hybrid
 - Sports/Performance (\$50k+): Chevrolet Corvette Stingray
 - Prestige Car (over \$75k): Mercedes-Benz S Class
 - SUV/CUV (under \$35k): Jeep Cherokee
 - SUV/CUV (\$35k to \$60k): Kia Sorento
 - SUV/CUV (\$60k+): Acura MDX
 - Pickup: GMC Sierra
- NOTABLE RUNNERS UP
- Nissan Versa Note (small car under 21k)
 - Fiat 500L (family car under 30k)
 - Acura RLX (luxury car over 50k)
 - BMW X5 (SUV 60k+)

Horoscopes

Aries

March 21 - April 20

If you have not made as much progress as you would have liked on a project, don't worry and certainly don't work even harder. Maybe in future you should set yourself targets you know you will be able to reach.

Taurus

April 21 - May 21

If you need to get something finished, step on the gas. Mars in the work area of your chart will boost your energy but you won't get anywhere worth going unless you're motivated.

Gemini

May 22 - June 21

If someone asks for your opinion on a personal matter, you will be happy to give it. However, if your sixth sense tells you they won't be happy hearing the truth, maybe you should decline their request.

Cancer

June 22 - July 23

Feuds and power struggles are best avoided, even if it means you have to go off and be by yourself for a while. Do not, under any circumstances, make the mistake of taking sides.

Leo

July 24 - Aug. 23

You need to get your financial house in order — quickly. Be ruthless with yourself and make sure you know the difference between your needs and your desires. If something is not a necessity, live without it.

Virgo

Aug. 24 - Sept. 23

Your authority on the work front has slipped a bit and you need to find ways to remind people why they should do what you tell them. Be persuasive but don't be rude.

Libra

Sept. 24 - Oct. 23

According to the planets this is a good day for personal issues, especially partnerships. In affairs of the heart, you can hardly put a foot wrong at the moment — and a little of what you enjoy will do you good.

Scorpio

Oct. 24 - Nov. 22

You may not be able to rely on certain people as much as you have done recently, but you no longer need them. There is a major luck factor working in your life at the moment.

Sagittarius

Nov. 23 - Dec. 21

Make the most of the Sun in your sign to show the world what you are capable of. It's never too late to make an impression or to move up in the world but now it will be easier than other times.

Capricorn

Dec. 22 - Jan. 20

You may not have made as much progress at work as your talents deserve. But, with Mars moving through the career area of your chart, it won't be long before that changes.

Aquarius

Jan. 21 - Feb. 19

Today, make an effort to read between the lines. What is not being said is likely to be ten times more important than what is being said. Also, watch other people's body language.

Pisces

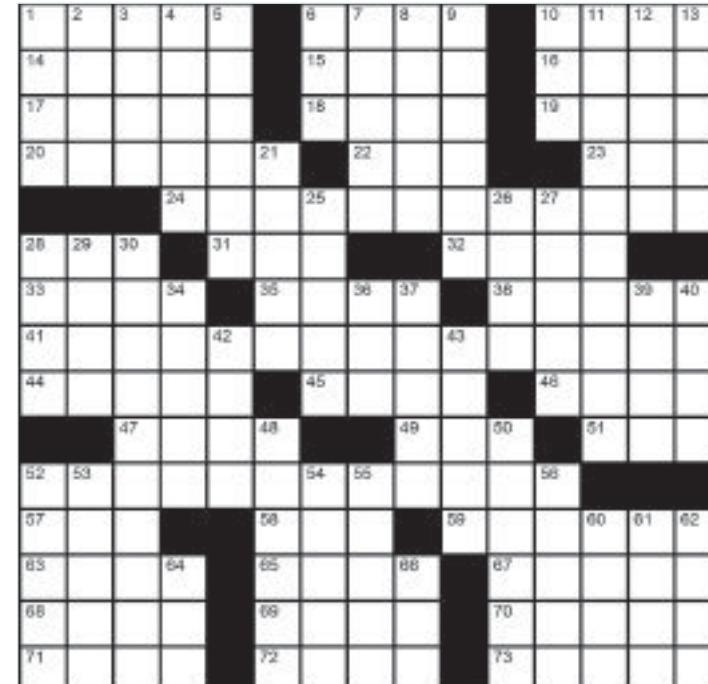
Feb. 20 - March 20

Be decisive today. Think and act fast and don't worry too much about what the consequences might be. Some people may get annoyed but they need to know you're not the sort to be messed around. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Fido's warning
6. Color Me ___ ('90s boy band)
10. Went too fast
14. Mr. Spock's virtue
15. Wise one
16. Taken-back vehicle
17. Flooded
18. High-hatting
19. Pouches
20. Canada Goose garments
22. As well
23. British running great Sebastian
24. Items worn by Queen Victoria at The Bata Shoe Museum in Toronto: 2 wds.
28. With it
31. New Zealand bird
32. Blinds strip
33. Mr. Redding
35. Fashionably 'ready'
38. Clear
41. John Lennon's handwritten lyrics, etc.: 2 wds.
44. ___ socks
45. Hydrocarbon suffixes
46. Hershey's treat
47. Glorify
49. Energy
51. Sketch show, shortly
52. Mount Everest professionals: 2 wds.
57. ___ Mahal
58. Li'l loudness



59. Arrogance
63. Songstress Ms. Ali
65. Go ___ detail
67. Poppycock
68. Roman emperor
69. Poet Mr. Pound
70. Fragrant oil from flowers
71. Likewise
72. Marinate
73. Antelope variety

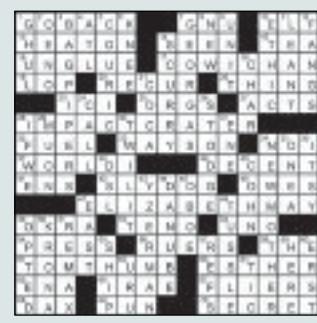
Down

1. "___ Shot" (1977)
2. "And ___ word from our sponsor..."
3. Seaweed product
4. Hazards
5. "To life!" in "Fiddler on the Roof" (1971)
6. Microsoft mogul ...his initials-sharers
7. Some relatives

8. Cake-lover's spotting-cake reaction
9. Claude ___ , Montreal-born singer/ songwriter
10. Grads-to-be, briefly
11. They might be held to negotiate a treaty: 2 wds.
12. Edmonton high-

- rise office building, ___ Tower
13. Prescription amounts
21. Alpine sight
25. "Instant ___!" by John Lennon
26. Non-royal
27. Eiffel Tower's home
28. Lively circle dance

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	2	4	7	6	3	5	1	9
1	3	5	2	9	4	8	7	6
6	9	7	5	8	1	3	2	4
2	7	1	3	5	8	4	9	6
9	5	3	6	4	7	1	8	2
4	8	6	9	1	2	7	3	5
3	1	8	4	2	6	9	5	7
7	6	9	8	3	5	2	4	1
5	4	2	1	7	9	8	6	3

4			9	1	3
8			5	2	
			5	7	9
	3	6			5
1				6	
2			8	7	
3	4		7		
1	6			4	
7	9	4			8



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